really III.

until noon

onade out of the ismons that are handed to him,

CHILDREN'S LUNCHES.

I wonder how many teachers and

The child, to do good work in

school, should be started out in the

morning with a wholesome, nutritious

Lack of appetite in the morning is

The bad taste in the mouth in

"grown up" may miss a meal

more often the result of sleeping in

the morning should not be thought

good results, but a child who uses all

its energy in building tissue cannot

well omit a meal. Children are hun-

gry more often than adults, because

tive. It is for this reason that lunches

are necessary for the child between

meals. The continuous lunching is

the lunch is served not too near a

The food for growing children

should be simple and easy of diges-

tion. Tea and coffee are not chil-

dren's beverages; milk, cocoa and wa-

ter will be found a sufficient variety.

tend to unduly excite the digestive

juices, should be used only by those

who have lost the appetite of child-

hood and need a whip to stimulate

the digestive functions. Their con-

tinued use has been the cause of the

A luncheon for the child should be

Learn to pack a box or basket neat

kins, a package of paraffin paper, some

rubber bands, all very inexpensive,

and a supply lasting a year will cost

but little. A dinner taken from a tin

pail packed carelessly, and in many

cases frozen on the way, is not the

kind of food which will produce good

Variety is another thing which

should be studied, for children like

surprises better than "grown ups." A

fig or a date or two, or even a bit of

candy hidden in the lunch, is a source

of keen delight to the youngster. Let

us never grow too old to forget our

Don't fret. Men call fretting an ordinary vice. Yet this same habit has done

more to destroy the happiness of homes than any other one thing except drunken-

DISHES FOR THE DAY.

The following dishes are some that

will be acceptable for various occa-

Clam Soup.-Take two tablespoon

tuls of butter and two of flour; when

the butter is bubbling hot, add the

flour, stir slowly until well blended.

then add a quart of rich milk, and

when smooth season with celery salt.

salt and a few dashes of red pepper;

then add a cupful of finely minced

clams with the juice. Let boil up

Crosby Pie.-Chop fine two medium

sized apples: after peeling and coring.

add the juice and rind of a lemon, one

cupful of sugar, one egg well beaten

and one tablespoonful of melted but-

ter. Mix well and bake in two crusts.

whipped cream makes a delicious

sauce for ice cream or in fact any

kind of steamed pudding which would

Chicken Souffle .- Make two cupfuls

of cream sauce, using thin cream and

a tablespoonful of butter to four of

flour, add onion juice and chopped

parsley for seasoning, then add two

cupfuls of finely minced chicken; add

the beaten yolks of three eggs and

cool, then fold in the beaten whites

and season well with salt, a dash or two of red pepper and put into a but-

tered dish to bake. Bake until the

bananas through a vegetable ricer to

fill a cup. To this add a half cup of

sugar, two tablesponfuls of molasses

or the rind and juice or half a lemon.

half a teaspoonful of salt, one beaten

egg, a dash of cinnamon, a half cup

of milk and a third of a cup of cream;

Mix all together and bake in one

crust. Cover with whipped cream and

nellie Maxwell.

Banana Pie.-Pass enough peeled

use the cream as a sauce.

Chopped Canton ginger stirred into

once and serve.

eggs are set

sions, to give variety to the diet:

own youth and youth's desires.

blood and clear brain work.

Have plenty of cheap paper nap-

put up in such a way that it is attractive and will be appetizing.

craving for strong stimulants.

All highly seasoned foods, which

unworthy of attention.

breakfast, one which will "stay by

parents realize that often the dull

pupil is either under-nourished or

The richest man, whatever his lot,

MAKES HARD WORK HARDER

"Ha! Then you are lost!"

A bad back makes a day's work twice as hard. Backache usually comes from weak kidneys, and if headaches, dizziness or urinary disorders are added, don't wait-get help before the kidney disease takes a grip—before dropsy, grav-el or Bright's disease sets in. Doan's Kidney Pills have brought new life and new strength to thousands of working men and women. Used and recommended the world over

A CALIFORNIA CASE



Louis C. Wardwell, 1559 Paolific St., San Bernardino, Cal., says: 'I had so much pain in my back I could hardly get off and on the wagon. The jarring I got while riding brought on the trouble. The kidney secretions were filted with sediment. I tried many remedies, but Doan's Kidnoy Pills were the Kidnoy Pills were the sediment. I tried many remedies, but Doan's Ridney Pilly were the only one that cured me. They drove away all the pain and lame-ness and fixed my kid neys up in good shape.

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similating the Food and Regula-

ting the Stomachs and Bowels of

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Pumpkin Seed -

nointe Saig Aniss Seed -Peggermint -BiCorposate Seda -Worm Seed -Clardied Sugar Windegreen Flavor

Recipe of Old DeSAMUEL PITCHER

Not Much of a Mystery.

street of one of the large cities, spoke their minds freely, and told the truth, one to another. "Well," said Smith, "I hear that old Jones, editor of the Trumpet, was found dead in his office last night." "Yes, so I hear," answered Brown. "Foul play is suspected, of course," he added. "That's the police theory. But why should anybody kill him? Had his paper been making any enemies?" "None at all, as far as I can bear. You know he had stopped all sensationalism and was printing a pure, modest, highly moral family paper." "Aha! That explains "Who could have killed him?" "He wasn't murdered, man. He starved to death!"-San Francisco Argonaut

Very Final. "What's the matter?"

"She has rejected me again. She says this is final."

"Did she say how final?" inquired the older and more experienced man.

Explained.

"However did you hear such drendful things about Mrs. Huber?" "You forget she was once my dearest friend/"-Fliegende Blaetter.

Dr. Pierce's Pellets, small, sugar-coated, easy to take as candy, regulate and invig-trate stomach, liver and bowels and cure onstipation. Adv.

Not every fellow with a large shoe can leave those footprints in the sands of time.

Red Cross Ball Blue will wash double as many clothes as any other blue. Don't put your money into any other. Adv.

Somehow one never thinks of blamng his face because it needs a shave.

Putnam Fadeless Dyes color in cold

As a matter of fact, a necessary evil is unnecessary.

water. Adv.

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Bears the Signature

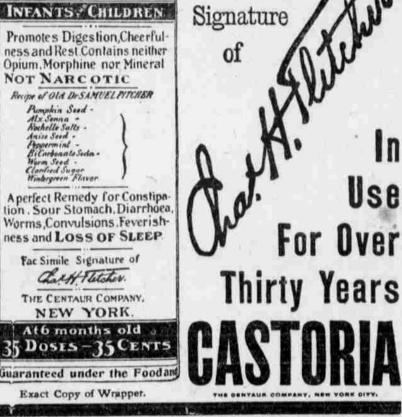
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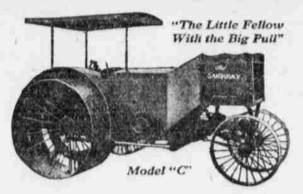
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acres, planted to_

Two newspaper men met on the TheKICII



things are necessary: To honor him present, praise him absent and assist him in his necessities. - Italian Saying.

GOOD THINGS WORTH TRYING.

When you don't know what to get for breakfast, try steamed bananas on teast. Steam the bananas, cut in halves, until well heated through; pour over a teaspoonful of lemon juice and serve on well buttered toast. Have the toast cut in long, narrow strips to hold the strip of banana.

Egg Croquettes.- Take eggs which have been carefully cooked until hard in the shell, remove the shell, roll in beaten egg and crumbs, then season well and fry in deep fat. Serve gar-

nished with a little parsley. When fresh rhubarb is plentiful in the market, make this delicious pie: Chop a cupful each of rhubarb and raisins, and the grated rind and juice of a lemon, two tablespoonfuls of butter, one cup of sugar, one egg well beaten. Turn the well blended mixture into a lined pie tin, dredge with a tenspoon of flour and a half teaspeon of salt. Bake with two crusts.

Ways of Using Stale Fruit Cake .-Steam the cake and serve with any kind of sauce which is liked. Either an egg sauce, a fruit sauce or a sauce made of vinegar with a flour and water foundation, adding sugar and but-

Crumb the cake and stir a cup of crumbs soaked in a fruit juice into a plain ice cream and freeze.

Stir a cupful of cake crumbs into a cup of milk prepared with junket, or into a custard before baking.

Delicious Sandwiches.-This recipe has appeared many times in the course of three years, but it will appear again, for it is always new to

Grate sufficient cheese to spread the required number of sandwiches. Cut the slices of bread in gounds with a biscuit cutter, spread with butter and add enough cream, salt and red pepper to the cheese to make it of the consistency to spread; spread one and cover with the other round, and then saute in a little hot butter until beautifully brown. Serve with any crisp green salad.

Somerset Salad .- Mix one and a half cupfuls of white cooked meat of chicken with one cucumber, one-half cup of broken nut meats and the same of peas and one cut of finely cut celery. Serve on lettuce with a boiled or mayonnaise dressing.

Simplicity and greatness are synony Only the truly great are great True greatness enough to be simple. onsists in being a good neighbor to the family next door. -Thomas Drefer.

COLLECTION OF CAKES.

Prune Cake .- Cream a tablespoonful of butter with four tablespoonfuls of sugar; add the grated rind of a temon and one beaten egg all mixed well together. Add a cup of flour, a teaspoon of baking powder, a quarter of a cup of milk. Place the dough in a pan and place on top a layer of pitted and stewed prunes. Bake and serve, covered with sweetened and flavored whipped cream.

Crumb Cake.-Take two and a half cupfuls of flour, add one and a half cupfuls of sugar, one-half cup of butter, one-fourth of a teaspoon of salt. cloves, nutmeg and cinnamon, and mix well; when well mixed, take out a cupful and to the remainder add two well beaten eggs, one cup of sour milk, one small teaspoon of soda. Beat well and put into a deep square tin. Sprinkle the cupful of crumbs on top

and bake slowly. Hickory Nut Cake.-Take a pound of butter, soften by heat until creamy, add one and a half pounds of light brown sugar, ten whole eggs, one pound each of flour and raisins, onefourth of a pound of citron and a pound of broken nut meats, one grated nutmeg, one-half glass of orange luice.

German Cherry Cake .- This is the cake recipe which was prepared at the St. Louis fair: Take three cupfuls of canned red cherries, one cupful of flour, six tablespoonfuls of sugar, the volks of two eggs and a quarter of a cup of milk, one tablespoonful of butter, one-half a teaspoon of baking powder and a quarter of a teaspoon of salt. Sift the flour and dry ingredients. beat the yolks of the eggs and add to the flour; fold in the whites after mixing all the other ingredients and spread in a pan an inch thick; drain the cherries and spread over the dough, sprinkle with sugar and bake in a brisk oven.

Best to Make Settlement Now.

'In de name er goodness an' hoss sense w'y don' you pay him an' call in The Atlanta Constitution. it quits? Wouldn't dat be much better'n waitin' ter have a full settlement hereafter? W'en dat time comes he'll han' you yo' change in brimstone willin' ter walt a lifetime, but it's several people,

only de fool what takes advantage of You all time growlin' bout 'de his willin'ness. You better write dat devil ter pay," said Brother Williams on de wall an de ceilin what ain't got no cracks in it!"-F. L. Stanton,

First Electric Car.

The first electric car to be run on a truck was exhibited sixty-three years what'll burn yo' pocket mo'n what ago in the town hall in Dover, N. H., yo' money does now. Pears ter me by its inventor, Moses G. Farmer. The dat's with studyin' bout. De devil track was two feet and a half wide is de only creditor I knows on what's and carried a car large enough to hold

Eats Freely But Has No Dyspepsia

A Little Pepsin in a Mild Laxative Promptly Corrected a Bad Indigestion.

Fortunate is the one who can est "anything" without suffering the tortures of dyspepsia, but as few are so fortunate, care should be taken in the matter of diet. Eating slowly, masticating the food thoroughly and taking a short walk after the heavy meal of the day will do much towards assisting digestion. Any grown-up person ought to know the peculiar foods that do not agree, and these should be avoided.

When these common-sense aids fail, the next thing to do is to take a mild digestive tonic with laxative properties, and there is none better than Dr. Caldwell's Syrup Pepsin. It contains the worst symptoms of chronic dyspepthe greatest of all aids to digestion, that act mildly on the bowels, which together form a combination for the relief of dyspepsia or indigestion that is unsurpassed.

poorly ventilated rooms or too late without evil effects, or in fact with order of the stomach, liver and bow- money will be refunded. els, for dyspepsia, constipation, bilioustheir digestive processes are very ac-Idaho, who for several years had all will do. much worse than none at all, so that discretion should be used to see that



J. W. GOUCHER

sia. Since taking Dr. Caldwell's good pepsin. It has other ingredients Syrup Pepsin these have all gone, and although Mr. Goucher says he is 64, he does not look more than 40.

Syrup Pepsin is sure in its results. and a vast improvement over chewing Its action is to tone and strengthen or swallowing tablets and mints, or the stomach and bowel muscles so taking cathartics, salts, etc., all of that they can again do their work nat- which are harsh and nauseous and at urally without outside aid, and when best do but temporary good. You can that happy moment comes all medi-obtain Syrup Pepsin at any drug store cine can be dispensed with. It is the for fifty cents or one dollar a bottle. best remedy obtainable for any dis- Results are always guaranteed or

Families wishing to try a free samness, headaches, drowsiness after eat- ple bottle can obtain it postpaid by ading, gas on the stomach, etc. Thou-dressing Dr. W. B. Caldwell, 203 Washsands of users will testify to this, ington St., Monticello, Ill. A postal among them Mr. J. W. Goncher, Stites, card with your name and address on it

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Now is the time to get started with these new berries. People are very fond of strawberries and we find these luscious Everbearers sell over all other fruits during the summer and fall months. They are very hardy and not subject to damage by frosts. Their deep root system enables them to produce fine, large berries during the hot, dry summer weather. Get Acquainted Offer. Send us 10c for mailing expense and we will send to you at planting time, 6 bigh quality, everbearing strawherry plants (worth \$1) and guarantee them to fruit through summer and fall months, or money refunded. Catalog with complete history of these wonderful berries, free write today.

THE GARDNER NURSERY COMPANY,

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OSAGE, IOWA

"Good Old Times" Again. Hospital patients of today are better off than their ancestors of "the good old times." Mr. Wheatley, in his book on "London," quotes from a Scottish act of parliament of 1386 to the effect that "gif ony man brings to the market corrupt swine or salmond to be sauld, they sall be taken by the the low priced lands of Manitoba, Saskatchewan and Alberta, will baillie, and incontinent, without ony question, sall he sent to the leper soon have passed. folke;" and if there be no lepers then only "sall they be destroyed utterlie." The same pleasant custom obtained in Oxford in the fifteenth century, where

THE BEST TREATMENT FOR ITCHING SCALPS, DANDRUFF AND FALLING HAIR

all putrid meat and fish was by statute

sent to St. John's hospital.

To allay itching and irritation of the scalp, prevent dry, thin and falling bair, remove crusts, scales and dandruff, and promote the growth and beauty of the hair, the following special treatment is most effective, agreeable and economical. On retiring, comb the hair out straight all around, then begin at the side and make a parting, gently rubbing Cuticura Ointment into the parting with a bit of soft flannel held over the end of the finger. Anoint additional partings about half an inch apart until the whole scalp has been treated, the purpose being to get the Cuticura Ointment on the scalp skin rather than on the hair. It is well to place a light covering over the hair to protect the pillow from possible stain. The next morning, shampoo with Cuticura Soap and hot water. Shampoos alone may be used as often as agreeable, but once or twice a month is generally sufficient for this special treatment for women's hair.

Cuticura Soap and Ointment sold throughout the world. Sample of each free, with 32-p. Skin Book. Address postcard "Cuticura, Dept. L, Boston."-Adv.

Naturally. "What did you think of Jim's rattlesnake story?"

"It was a ratiling good tale,"

Spley conversation should be handled gingerly.

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